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## THE LEMON GROVE REVIEW



## Wheelchair quad rugby is not for timid

by Marv Rosen

It doesn't matter that these competitors are confined to wheelchairs and competing for fun, exercising to build up their endurance and the myriad of other reasons that they compete, when the whistle blows, watchout.

The competitors in the ninth annual "Best of the West" wheelchair rugby gave each other no quarter as their wheelchairs crash together, block and surround their opponents during the tournament's 24 games which were played at the Balboa Park Community Gymnasium on Friday.

(The tournament ran all day Friday and all day Saturday, and concluded with a noon championship Sunday at noon.)

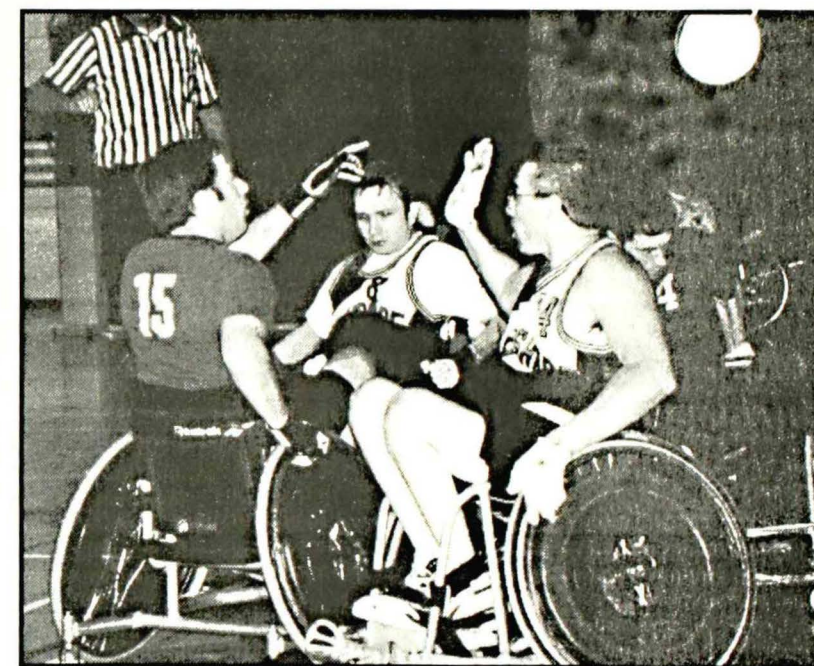
As part of the rehabilitation and ongoing programs to allow handicapped people to enjoy life as much as possible, there are numerous sports that have been established.

According to a supervisor with Sharp HealthCare's sports programs, Steve Kaliszewski, there is more to the program than just building strength, endurance and coordination.

As a former player, who lost the use of his legs about 10 years ago, he felt that building self-esteem while socializing and having peer support, was every bit as important.

Sharp HealthCare sponsors one if the team's, Sharp Shadow, which was the top seeded team in the tournament. Most of the team comes from North County and Orange county.

A second team, The San Diego Bushwhackers, is composed only of San Diego residents, and includes several from East County



A San Diego Bushwhackers (dark tops) player is crowded by two Lakeshore players, but manages to get off a pass over the top to a teammate during a first round game on Friday at Balboa Park Community Gym.

Photo by Marv Rosen

This tournament typically draws nationally ranked teams from around the country, and this year had the top four teams, Sharp Shadow, Lakeshore, Ala. Demolition and TIRR Hurricanes (Texas).

The tournament is run by the San Diego Parks and Recreation Department and is part of its Disabled Services Program.

A leader in wheelchair sports, the department also sponsors events in wheelchair basketball, indoor soccer, over the line, tennis and aquatic com-

petition.

HMOs and the veteran hospitals are involved in these events as part of their rehabilitation programs, as well as service organizations such as the Kiwanis and organizations allied with wheelchair services and businesses.

For example, the city of San Diego's Disabled Services holds clinics in a variety of sports, including those for women. Just recently, a Handcycle

Continued on Page 2B

Vol. 51, No. 22



## 'No Homeless Kids' plan considered by supervisors

In response to reports from shelter operators that more homeless families with children may seek a place to stay this winter, the county of San Diego's Health and Human Services Agency is proposing a five-step plan to reach the goal of "No Homeless Kids."

The plan calls for spending \$372,000 this year on shelter and outreach for homeless families, with the goal of helping them become self-sufficient.

Just under half of the money, or \$176,000, is earmarked for an emergency winter shelter program that provides motel vouchers to families with children, the elderly and the disabled. Other funds would be used to link homeless families with the county's Welfare to Work Program, and to provide medical care, immunizations and counseling for homeless children.

"Whenever possible, we want to help the homeless get back on their feet and become productive, independent citizens, and we want to make sure innocent children don't suffer due to the behavior of their parents," said Robert K. Ross, M.D., director of the Health and Human Services Agency. "Our approach stresses accountability - neither the county nor any government agency can help the homeless without parents' full participation."

Ross and other county leaders said this "zero tolerance" approach to child homelessness is based on helping parents meet their responsibilities. In addition to these steps, the county plans to work with other government agencies to address an apparent shortage in affordable housing which may be one reason for the increase in homeless families seen in the region.

## Lemon Grove Fire Log

### Oct. 21, 1998

8300 blk. Broadway Ave. Person down.  
2000 blk. Skyline Dr. Medical aid.  
3200 blk. Acacia St. Difficulty breathing.  
8200 blk. Mt. Vernon St. Fall.  
San Miguel Ave./Main St. Vegetation fire.  
7000 blk. Broadway Ave. Auto vs. pedestrian.

### Oct. 22, 1998

Grove St./Hwy 94. Vehicle fire.  
3200 blk. College Pl. Assist invalid.  
7800 blk. Golden Ave. Residential structure fire.  
8000 blk. Golden Ave. Difficulty breathing.  
7800 blk. Nichols St. Possible heart.  
8000 blk. Palm St. Fall.

### Oct. 23, 1998

6300 blk. Federal Blvd. Medical alert alarm.  
7000 blk. Oak Glenn Ct. Possible heart.  
1700 blk. Lemon Grove Ave. Seizure.  
6900 blk. Central Ave. Seizure.  
1700 blk. Skyline Dr. Diabetic problem.  
7900 blk. Broadway Ave. Assault victim.  
7000 blk. Broadway Ave. Unresponsive.

### Oct. 24, 1998

Federal Blvd./College Ave. Smoke check.  
Calle Entre/Primera St. Traffic accident.  
7400 blk. Tracy St. Difficulty breathing.  
2800 blk. Mercury Dr. Residential structure fire.  
EB Hwy 94/College Ave. Possible heart.

### Oct. 25, 1998

1800 blk. Costada Ct. Reaction to medication.  
7200 blk. Pearson St. Possible heart.  
8300 blk. Lincoln St. Fall.  
Buena Vista Ave./North Ave. Person down.  
3200 blk. Olive St. Fall.  
7500 blk. Broadway Ave. Chest pains.  
2300 blk. 69th St. Medic alert alarm.  
3200 blk. Main St. Evaluate for the Sheriff.

### Oct. 26, 1998

3500 blk. Grove St. Ringing alarms.  
7400 blk. Pacific Ave. Laceration.  
7500 blk. Broadway Ave. Seizure.  
7100 blk. Broadway Ave. Fall.  
Skyline Dr./Alton Dr. Person down.  
7800 blk. Golden Ave. Child locked in auto.  
3200 blk. Harris St. Unknown medical.  
Palm St./Skyline Dr. Person down.  
Waite Dr./Massachusetts Ave. Traffic accident.

### Oct. 27, 1998

2200 blk. Massachusetts Ave. Medical aid.  
7500 blk. Broadway. Person down.  
8000 blk. Lemon Grove Way. Medical aid.  
2200 blk. Cypress Ave. Chest pains.  
3200 blk. Main St. Passing out.  
1700 blk. Skyline Dr. Diabetic problem.  
2200 blk. Alton Pl. Back pain.  
3700 blk. Massachusetts Ave. Medical aid.

### Oct. 28, 1998

Broadway Ave./Kempf St. Evaluate for the Sheriff.  
7800 blk. Central Ave. Diabetic problem.  
1700 blk. Skyline Dr. Diabetic problem.  
7000 blk. Broadway Ave. Possible heart.  
8100 blk. Broadway Ave. Possible heart.  
EB Hwy 94/Broadway Ave. Vehicle fire/freeway.

### Oct. 29, 1998

WB Hwy 94 Overpass/SB Hwy 125. Vehicle accident freeway.  
7000 blk. Broadway Ave. Medical aid.  
Massachusetts Ave./Mt. Vernon St. Fall.  
7400 blk. Daytona St. Difficulty breathing.

## The Lemon Grove Review

Box 127, Lemon Grove, CA  
91946 • (619) 469-0101

Published Tuesdays and Thursdays.  
Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949. Entered as Third Class matter in La Mesa, CA.

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### Steven Saint, Publisher

Assistants to the publisher:  
Cheryl Cohen, Trudy Thomas  
Sports Editor: Marv Rosen  
Contributing writers: Cheryl Cohen,  
Michael Krawczak, Joe Naiman,  
Paul Treske, Betty Jo Tucker,  
Jason Williams

### Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope. Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

### Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

## Lemon Grove Almanac

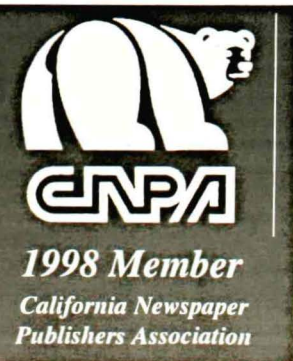
1994 Population: 25,100  
Incorporated: 1977  
Area: 3.75 sq. mi.  
Median income: \$34,399  
1996-97 city budget: \$26.3 million  
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sessom  
Council: Thomas Clabby  
Craig Lake  
Dwight Shelley  
Jill Greer

City Manager: Doug Yount  
Planning Director: Linda Niles  
City Attorney: Gloria McLean  
City Clerk: Christine Taub  
Sheriff's Capt.: Yolanda Collins

Congressional district:  
52nd - Duncan Hunter  
State Senate district:  
40th - Steve Peace  
State Assembly district:  
77th - Steve Baldwin  
Supervisory district:  
2nd - Dianne Jacob

Libraries: 1  
Post offices: 1



## Animal Control cautions against feeding wild animals

Following a series of three recent incidents in which people were bit by raccoons, the county Department of Animal Control reminds county residents to avoid contact with wild animals.

Feeding or other contact with animals such as raccoons, opossums or skunks can lead to animal bites, which in turn can expose the victim to rabies, a potentially fatal disease.

When a wild animal does bite, it is difficult to capture and test the animal for rabies. If the animal is not caught, the victim will have to undergo a series of six post-exposure shots as a preventive measure. That's because once symptoms of rabies are displayed, it is too late for treatment. An untreated rabies infection is likely to cause death in humans or animals.

Raccoons, skunks or opossums may be attracted to yards or homes if food, shelter or water are available. Wild animals should not be intentionally fed, as this will create an even greater attraction. Anyone who encounters a wild animal in his or her yard should make noise and allow the animal to escape.

Also, people should never corner a wild animal or threaten it in any way, because this could trigger a bite.

To protect pets from rabies exposure in case they are bitten by a wild animal, make sure their rabies vaccinations are up to date.

Among wild animals, the incidence of rabies nationally is highest in bats, skunks, foxes and raccoons.

## Community Notes

### Seminar to Award \$1,000 Scholarship

The San Diego County Chapter of the Women's Transportation Seminar (WTS) is seeking applicants for the Paulette Duve Memorial Scholarship. The \$1,000 award is given annually to a female student in transportation or related fields such as planning, engineering or geography.

Scholarship applicants should be currently enrolled in a college or university as a full-time graduate or undergraduate student. Completed applications must be received by Dec. 21.

The local scholarship winner is also eligible to compete for the WTS National Graduate and Undergraduate Scholarships, in the amount of \$3,000 and \$2,000 respectively.

WTS promotes excellence in the transportation field by both women and men. This is accomplished through conferences, programs, professional development seminars and other networking opportunities. Students are also encouraged to participate in WTS and can join for a substantially discounted membership rate.

Students interested in applying for the WTS Paulette Duve Memorial Scholarship should contact Kathy Donnelly by e-mail at kdonnelly@kimley-horn.com or at 744-0120 to receive an application.

## PUBLIC NOTICES

### NOTICE OF PETITION TO ADMINISTER ESTATE OF JOHN L. ANDERSON CASE NO. P173622

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of JOHN L. ANDERSON: A PETITION FOR PROBATE has been filed by REFEAL ANDERSON in the Superior Court of California, County of SAN DIEGO.

THE PETITION FOR PROBATE requests that REFEAL ANDERSON be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on DEC 7, 1998 at 1:45 p.m. in Dept. 35, located at: 220 W. BROADWAY, San Diego, CA 92101.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the title

kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner:

ANN BLAKEFIELD CATLIN  
440 HIGHLAND AVENUE  
EL CAJON, CA 92020  
619-588-9514

Lemon Grove Review  
Nov. 17 & 19, 1998

NOTICE OF TRUSTEE'S SALE T.S. No. 98-11996 Loan No. 9647298 TSG No. 190735 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 8/22/97 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN THAT the real property known as 1624 San Altos Place, Lemon Grove, California 91945 Assessor's Parcel Number 578-321-11-00 will be sold at public auction at the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA on 12/10/98, at 10:00am, to the highest bidder, payable at the time of sale, for cash a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Financial Code section 5102 and authorized to do business in California. The sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by the Deed of Trust executed by Rosaline L. Doggett, an unmarried woman, as trustor. Recorded on 8/29/97, Instrument 1997-0422051, Page 1707 of Official Records of San Diego California. The total amount secured by said instrument as of the time of initial publication of the notice is \$137,257.33, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonably estimated costs, expenses, and advances at the time of initial publication of this notice. Dated: 11/4/98 Premier Trust Deed Services, Inc. 3 ADA, Irvine, California 92618 Trustee Sale Information Number (916) 387-7728 Premier Trust Deed Services, Inc. By: Janet L. King, Assistant Secretary ASAP339158 11/17, 11/24, 12/01



**New!****Free Tuesday Live! Box Ads****Free!**

Free reader advertising boxes are now being offered in our six *Tuesday Live* publications. We encourage sports, recreation or fitness items, but, hey, advertise your yard sale if you want.

**ONLY FIVE BOLD WORDS**  
Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as two. Our current *Tuesday Live* circulation is at least 5,000 per week.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

**New**  
**Garage sales OK**  
send 10 days ahead

**EXERCISER**, Weslo Cardio-glider, like new, still in box, with console, packages not opened, \$75. 445-5898.

**Enjoy yourself. Sing, dine, dance.** Santee's Valley House Restaurant, 10767 Woodside, 562-7878, is featuring Dick's Karaoke Fridays, Saturdays, 8 p.m. and Sundays, 4 p.m. We have remodeled and encourage families to visit and have fun and entertainment.

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**YOUR HEART NEEDS MORE HUMOR:** Reduce stress by laughing more and causing others to laugh, too. Learn the humor creation process. Call John. 464-6349

**ATHLETE'S DREAM** Progressive international marketing co. looking for leadership ability. Serious income potential. Athletic attitude more important than exper. Call Kari, 298-7449

To submit an ad use this form provided. MAIL to Forum Publications, Box 127, Lemon Grove CA 91946.

Name \_\_\_\_\_ Daytime phone \_\_\_\_\_

**BOLD WORDS:** 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

Text: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_  
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Classification desired \_\_\_\_\_

Message \_\_\_\_\_

Name \_\_\_\_\_

Phone number \_\_\_\_\_

Your ad will run in all six Forum Publications newspapers. Send your check for \$3 per line (30 characters and spaces) for each week with your ad to:  
Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

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☐ Lemon Grove Review ☐ Santee Star ☐ Spring Valley Bulletin

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Mail to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946



## Rugby

Continued from Page 1

clinic was held on Oct. 9 and a Power Soccer Clinic for those in powered wheelchairs has been scheduled.

Because the physical ability and severity of the disability are quite varied, the rules of the many sports try to keep a mix in games at all time.

In quad rugby, which was developed in Canada and now has 50 teams in the U.S., four players from each team try to carry the ball over the end line of a regulation basketball court.

Each player is given a functional classification (0.5 through 3.5) and the teams can only have a total of eight

points on the floor at any one time.

Since rehabilitation and improved health is the original reason for any wheelchair games, safety is always a prime consideration. In quad rugby, each chair must meet specific rules — height of foot pedals, padding in back, etc.

With advent of a multiplicity of wheelchair games and a steady increase in the number of participants, as in many sports requiring specialized equipment to play, there is an ongoing effort to improve the quality and safety of that equipment for the users.

## Silver Hawks add another title to the list of softball triumphs

The San Diego Silver Hawks senior softball team, home based in La Mesa, won the 75+ age division championship by defeating the Palm Springs Nationals by a score of 16-11 in the Championship Game! This was the seventh Senior Softball World Series Championship won by the Silver Hawks in the 10 years of competition!

They won the first SSWS in Greensboro, N.C., as the La Mesa 65's in '89.

They changed the team name in 1992 to the Silver Hawks, and competed in the 70+ age div. and won three championships ('92 — Detroit, Mich., '93 — Houston, TX, & '94 — Orlando, FL). In '96 they moved up to the 75+ age div. and won three more championships! ('96 in Detroit, MI again, '97 in Irving, Texas and '98 in Palm Springs, Calif.).

Seven players on the '98 team also played on the '89 team at the first SSWS, Mickey Aguirre, Jim Artherton, Mgr. Don Berg, Jerry Davison, Capt. Bob Kennedy, Dick Osborn and Phil Seewald.

## Grossmont League gets spiked in CIF volleyball

After getting only one team (El Capitan) to the quarterfinals in team tennis, the Grossmont League thought it had a shot in girls volleyball, but it all came to not when West Hills, a perennial CIF contender, was knocked out by Vista in the second round (quarterfinal).

The only East County team to reach the finals on Saturday at SDSU's Cox Arena (noon), is second-seeded Christian which had a bye in the first round of Div. IV, then advanced with a four-set win over Holtville.

In Div. I, Vista proved to be a killer for the Grossmont League having beaten Valhalla in the first round before it ousted fourth seeded West Hills. Helix was considered a possible contender, but was unceremoniously dumped by Poway, also in the second round. Granite Hills lost in the first round to top-seeded Torrey Pines who has advanced to the finals after taking care of Vista.

In Div. II, Monte Vista and Santana won their opening matches, but lost in the quarters to second-seeded Escondido and third-seeded University City, respectively.

In the first round of the football playoffs Friday, the Grossmont League has five teams playing, plus Monte Vista, South champs given a bye.

Although having only one seeded team (Div. 2 #4 - Monte Vista), the five other teams, West Hills and Granite Hills in Div. I, and Helix, Mount Miguel and El Capitan in Div. II, are capable of providing some upsets if the opportunity arises.

In boys cross country, West Hills, the second ranked Div. I team in the state, easily took the North title on Saturday, with an astonishing low score of 17. The Wolf Pack is led by Evan Fox who is capable of winning the state meet in his division.

West Hills also won the North's girls meet, topping El Capitan, 20 to 39.

In the South, Granite Hill is another team capable of scoring well in the state meet, being led by another highly rated runner in Jason Finch. The Eagles won the league division by a score of 41, ahead of Valhalla's 46.

Although Helix finished second to Valhalla, 23-38, the Highlanders have one of the best runners in Courtney Baird, who was named one of the prep athletes of the month (October) by the Hall of Champions for her efforts that month.

On that subject, Santana football player, John Fields was also selected by the Hall of Champions for October.

## Great American Smokeout set for Thursday

After a start in one city (Randolph, Mass.) in 1971, the Great American Smokeout, under leadership of the American Cancer Society (ACS), the event has grown into a nationwide effort to have the nation's smokers quit for at least one day.

This year's event has been titled Commit to Quit which is intended to help smokers map out a method for quitting smoking that most fits their personal needs.

In addition to having school children learn about the dangers of smoking and getting involved by tying red ribbons around their

schools, neighborhoods and in the center of their communities, hospitals such as Alvarado and UCSD are urging people to join in the smokeout, along with many businesses.

Alvarado Hospital will have a designated G.A.S. (Great American Smokeout) station set up in the hospital cafeteria, 9 a.m. to 2 p.m.

The station will offer free snacks and smoking cessation aids supplied by the American Cancer Society. In addition, there will be a raffle for a frozen turkey for those who are committed to quitting "cold turkey."

"We hope smokers will

take this opportunity to quit smoking and encourage others not to start, especially teenagers," said Anne Graheek, R.N., Cancer Care Coordinator at Alvarado.

UCSD has also established a statewide Helpline for 14-17-year-olds to offer options for quitting smoking. For those teenagers who seek help, the toll-free numbers are 1-800-7-NO-BUTTS (English) or 1-800-45-NO-FUME (Spanish).

One business owner who quit smoking 13 years ago has decided to award smokers who are willing to pledge to "quit."

Sami Ladeki, who owns

six Sammy's Woodfire Pizzas in San Diego County and the new new Roppongi Restaurant in La Jolla, will exchange smokers last pack and a pledge to quit for a free pizza or a plate of egg-rolls to be eaten at the respective restaurants.

As part of its campaign to cut down on the number of smokers, the ACS noted that the U.S. Center for Disease and Prevention estimates that cigarettes killed more than 400,000 last year, as compared to 105,000 by alcohol, 46,000 in car accidents and 46,000 by homicide and accounts for more than 30 percent of all cancer patients.

## Adult Sports Standings

### Softball

<b>Men's A</b> (as of 11/12)			<b>Men's B/C</b> (as of 11/9)			<b>Men's D</b> (as of 11/18)			<b>Women's</b> (as of 11/11)		
<b>Team</b>	<b>W</b>	<b>L</b>	<b>Team</b>	<b>W</b>	<b>L</b>	<b>Team</b>	<b>W</b>	<b>L</b>	<b>Team</b>	<b>W</b>	<b>L</b>
Paleozoics	6.5	2.5	Lizards	7	0	Binford Boys	5	2	We Wouldn't Mind \$	6	0
Tri-County Insulat	5.5	3.5	Above the Law	4.5	2.5	Top Notch Landscape	5	2	NexSource	6	0
Enerlynde	5.5	3.5	Pharis Landscape	4.5	2.5	Rude Dogs	5	2	HEAT	4	3
American Ren. Ins.	4.5	4.5	ARS	3	4	River Boys	4	3	Al's Sport Shop	4	3
D & H Truck	3	6	Con-Con Clubbers	1	6	Grumpy Old Jox	4	3	Whatevers	2	5
Grand Std Sports Bar	2	7	County Propane	1	6	Arrow Construction	2	5	MsFits	1	6
						Comer Brothers	2	5	Supercuts	1	7
						Just Do It	1	6			